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Pankaj Oudhia's Notes on Pueraria tuberosa (Willd.) DC. [Kirtikar, Kanhoba Ranchoddas, and Baman Das Basu. "Indian Medicinal Plants." Indian Medicinal Plants. (1918)].

- Posted by [Pankaj Oudhia](#) on April 25, 2014 at 3:10
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Pankaj Oudhia

Introduction

Based on Ethnobotanical surveys since year 1990 in different parts of India Pankaj Oudhia has documented vital information about Medicinal Plants mentioned in the famous publication by Kirtikar and Basu (1918). Through this research document Pankaj Oudhia has tried to present original document with additional notes. For complete paper with pictures, Interactive Tables, Video and Audio clips please visit pankajoudhia.com

For original publication by Kirtikar and Basu (1918) please visit <https://archive.org/details/indianmedicinalp01kirt>

388. *Pueraria tuberosa*, B.C. h.f.b.l. ii. 197.

Syn. : — *Hedysarum tuberosum*, Roxb. 580.

Vern. : — Bidari-kand, bilai-kand (H.) ; Shimeeya, batrajee

(B.) ; Sural, siali (Pb.) ; Daree, goomodee (Tel.); Gorabel

(Raj.) ; Dari (Bomb.) ; Karwia-nai (Guz.).

Habitat : — Hills of the Konkan, Dekkan, Canara, West

Himalaya, Simla, Kumaon, Orissa, Nepal, Circars, Behar,
Chota Nagpore.

A large-deciduous, pubescent climber, with woody tuberculated stem, tuberous rooted- Bark brown in. thick, peeling off in vertical strings. Wood very porous, soft, perishable, white when fresh cut, afterwards turning brown, fibrous.

The pretty purple blue flowers appear before the leaves. Leaves of 3 leaflets. Leaflets broadly ovate, entire or sinuate, pointed, long stalked ; smaller equally sided. Flowers 1 in. long, in small clusters, crowded in long, paniced racemes. Calyx 1 in. densely covered with red brown hairs ; teeth short acute, 2 upper nearly or quite united. Standard orbicular ; keel nearly straight, obtuse, slightly shorter than the wings. Upper stamen free at both ends, but connected at the middle with the sheath formed by the others. Ovary hairy ; style glabrous, abruptly incurved at base ; stigma small capitate, pod flat, densely grey, hairy, 2-3 in., deeply constricted between the seeds, tipped with persistent style- base. Seeds 2-6, separated by partitions.

Parts used : — The roots. **[Pankaj Oudhia's Comment: All parts are used as medicine.]**

Use: — The root peeled and bruised into a cataplastm is

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employed by the Natives of the mountains where it grows to
reduce swellings of the joints (Roxburgh).

<iframe width="420" height="315" src="//www.youtube.com/embed/LgEyc8I4WOY" frameborder="0" allowfullscreen></iframe>

<iframe width="420" height="315" src="//www.youtube.com/embed/hCUHJgqVPvs" frameborder="0" allowfullscreen></iframe>

Also given as a demulcent and refrigerant in fevers (Watt).

In Nepal, it is employed as an emetic and tonic, and is also
believed to be lactagogue.

[Pankaj Oudhia's Comment: Pueraria is an integral part of Indian Traditional Healing. It is used both internally as well as externally in thousands of Herbal Formulations. I have documented information about over 350,000 Traditional Herbal Formulations in which Pueraria is added as important ingredient. It seems there is endless knowledge about this herb and in future the list of herbal formulations will become more exhaustive. Among Traditional Cancer Experts Pueraria is popular. In over 8000 Traditional Herbal Formulations Pueraria is added as secondary ingredient. In over 15000 Traditional Herbal Formulations for sexual health Pueraria is added as Tertiary ingredients. In Central

India Pueraria is added as nonary ingredient in over 20000 Traditional Herbal Formulations. These Formulations are not mentioned in ancient literature related to different systems of medicine in India. Modern researchers have also yet not done much work on this important species. Pueraria based Formulations are popular among the Healers. Please see Table Puer-1 to Puer-100 for exhaustive lists of Pueraria based Herbal Formulations.]

E-documents on Pueraria

<http://ecoport.org/ep?SearchType=articleList&Author=oudhia&...>

Citation

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